



April 2010

Now, Where is That Meeting???

The small projects included in our major construction effort begin Monday, April 5. We have outlined below the schedule for those tasks so that you might plan accordingly.

April 5 through July: **Pitzer Dining Room and South Lounge** will be renovated. Asbestos work began March 22 and should be completed prior to April 1. During the week of April 5-10, all three meals each day will be served in **Scrooby Lounge**. Judy Garcia and Glenn Trost have developed plans for accommodating and assisting Pitzer residents for this change in dining venue. In addition, planned activities in Scrooby Lounge during this week have been relocated. Check the master calendar or contact your group leader for the new location if you regularly use Scrooby during the week. Once this week's work on the Pitzer dining room is completed, residents will be able to eat at Pitzer even as construction activity is ongoing around them.

April through July: **West entrance to the library**. The west entrance to the library will be closed during this entire period. Full use of the library will still be available using the Porter East entrance.

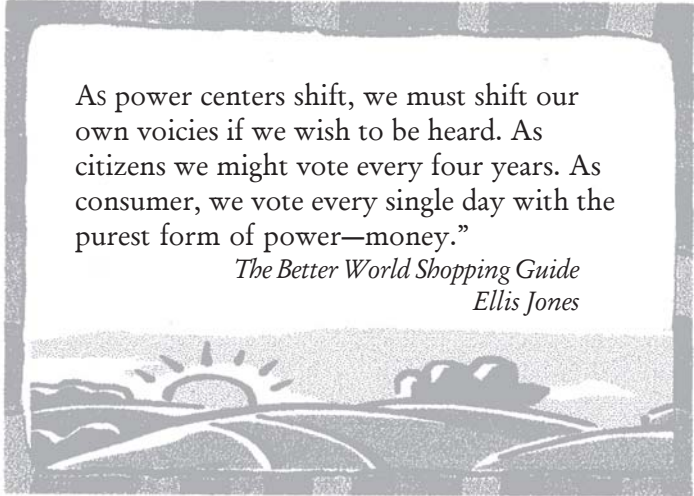
April 8 through June 10: **Cambridge Way** will be inaccessible for the duration of this project to re-landscape the area and to upgrade the street and carports. Residents have been provided with alternative parking. Access to the homes on Cambridge Way will be available through the alley on north side of the Health Center that connects Scrooby Lane to North Cambridge Way, not by crossing the street or entering from 8th street.

May through August: **Abernethy and Garden Lounge** renovation will begin May 17 and continue through July. During this time, residents will continue to eat in Abernethy and **Decker Hall**. This use of Decker for dining will be followed by Decker renovation which will conclude by Labor Day. The implication of these two projects is that Decker will be unavailable during the daytime and only accessible at night if the intended use can ensure that the table set up will be ready for the dining room staff the following morning. TMX and its Meeting Room Task Force are working on scheduling adjustments for this period. All programs currently scheduled for Decker over the summer are being rescheduled elsewhere. No further reservations for this period of time will be accepted on the calendar. Between mid-May and Labor Day, it will be necessary to schedule memorial services at nearby churches.

September (probably) 2010- May 2011: **Scrooby Lounge** will be unavailable during the beginning of this time and will have become the **Exercise Center** at the end of January. Actual starting date for this project will be determined by the completion date of the Norton Garden building. The **Napier Center** (now the Administration Building) will not be available for use until May 2011. That means that there will be no Scrooby Lounge equivalent on campus for this nine-month (approximately) period. We are negotiating with nearby venues to house some activities during this extended time and will report to you as plans come into place. We are also exploring possible meeting room sites on our campus for this period.

The Town Meeting on April 12 will provide an opportunity for your questions about these upcoming adjustments that we will all be making.

-Steve Rogers and Janet Vandevender



As power centers shift, we must shift our own voices if we wish to be heard. As citizens we might vote every four years. As consumer, we vote every single day with the purest form of power—money.”

*The Better World Shopping Guide
Ellis Jones*

PILGRIMS, WE NEED YOU!

Beginning this time of the year, your Town Meeting Nominating Committee must develop a slate of nominees to serve on the many committees of Town Meeting beginning January 2011. We invite and encourage your participation in order to support committee activities and assure effective leadership for all committees.

On Monday, April 12, you will find a Survey with your name at your assigned table in Abernethy, or in your mail box at Pitzer, that lists all the Town Meeting Committees. The Survey asks you to indicate on which committees you would most like to serve.

We hope you will fill in the Surveys promptly and return them to boxes in Abernethy and Pitzer no later than Friday, April 16.

If you need more information about what various committees do, please see copies of the Master Resident Handbook of Organizations, Groups and Activities located in the Library or at the Front Desk in Pitzer. Or, ask members of the Nominating Committee who are listed on the back page of the Survey.

This is a great opportunity to volunteer your knowledge, skills and talents while sharing the rewards and challenges of governing and supporting our Pilgrim Place community. -Your 2010 Nominating Committee:

Chair, Mary Douglas; Secretary, Paul Kittlaus; Jane Douglass, Chris Hartmire; Byron Light; & Maclovía Rodriguez.

A NAME FOR NEW PITZER BUILDING

After the submission of 42 suggestions for the name of the new wing of Pitzer Lodge - the review of all names and selection of three by a committee of six (two independent living residents - two Pitzer residents - two staff members) - and the vote by the Board of Directors at its March meeting - the new building has been named:

Pitzer Friendship Court.

-Sue Likens

Moderator's Musings

We have been feeling pretty good about handling ourselves in the midst of our major construction project. We have learned to dodge concrete mixers and trenches. We have found new ways to traverse the campus to continue to lead our busy lives here. We ought to feel good—we have done really well!

Beginning April 1 we face some new challenges and I am confident we will handle those as well. So what if we have to give up our meeting spaces, which were already in short supply? What if we have to travel further to our activities, even further than the paths we have learned in the past few months?

In another article in this NEWS, you will read about the scheduling of the small construction projects between now and May 2011. All these places we use so often—Abernethy, Decker, Pitzer Dining Room and South Lounge, the west entrance to the library, Scrooby—will be undergoing renovations to update them and to expand the dining areas to include a slightly larger number of residents at Pilgrim Place. TMX and the staff have already begun working on ways to accommodate our lives during this phase of the construction. The most immediate task of rescheduling Scrooby events the first week of April has already been easily resolved. Plans for being out of Decker, except for the noon meal and an occasional evening event using the dining room set up are underway.

Our biggest challenge will be living into the September 2010 to May 2011 period without Scrooby Lounge as a meeting and celebration place. This too will be handled, but we don't have enough clarity as the News goes to press to let you know what that will be. You will hear as soon as we have this figured out! The on-line calendar will continue to be the best way to verify locations for meetings during the next year.

Our inconvenience over the next year will whet our appetites for new and more space when the projects are completed. I am glad we are on this journey to new territory together.

-Janet K. Vandevender

IN REMEMBRANCE

Iris Cully

February 24

Entered Pilgrim Place 1986

Henry Rust

March 3

Entered Pilgrim Place 1985

Joy Edge

March 13

Entered Pilgrim Place 1998

EMPLOYEE SENIORITY AWARDS

February 24th marked the 7th year Pilgrim Place has honored employees who have reached certain seniority milestones in their employment. Generally, supervisors of various employees who have reached their 5th, 10th, 15th, etc. years of service make the cash award presentations. This year we took a different spin on the presentations by dividing all employees into “Clubs” – the 5 Yr Club, 10 Yr Club and so on with some representatives who had already reached these various plateaus making the presentations. In doing so, we discovered that it not only made for a very fun event, it flushed out some pretty creative actors making these “academy awards” style presentations. Trophies, cash awards that is, went to:

5 Yr Club (\$50 ea): Marco Aguilar, B&G; Sandra Burks, Nursing; Beth Files, Dining Services; Desiree Freeman, Pitzer; Angie Lerma, HSC/Adm; Maria Santana, B&G; and Rachel Von Stein, Nursing, who came to the event accompanied by her 5-week-old son. *Presented by:* Steve Chavez, Annette Evans, Sammy Nwaohia of B&G; and Gabby Conley, Nursing.

10 Yr Club (\$100 ea): Cass Castro, Nursing; Luina Fifita, Pitzer; Peggy Henson, Adm; Monica Mathews, Adm; Jorge Rodriguez, B&G; Maria Sanchez, Pitzer; George Tiwari, Nursing; and Howie Yeager, Adm. *Presented by:* Rebeca Heredia, Nursing; Alfredo Tavarez, B&G; Nancy Vander Meer, Adm.

15 Yr Club (\$150 ea): Mary Jane Hillard, Adm and Bill Luecht, B&G. *Presented by:* Joe Bartz, B&G and Dan Perrone, Adm.

20 Yr Club (\$200 ea): Addie Lemanski, Dining Services; Linda Schulz, Adm; and Sharon Verdugo, Dining Services. *Presented by:* Liz Kelly, Clinic and from the 30 Yr Club, Elva Herrera, B&G.

Since 2004, we have presented \$12,325 to 142 employees! And, where do we get all these wonderful people, you may ask. During 2009, 572 applicants applied for employment (759 in 2008). Most of the applicants in 2009 responded from job ads we posted on Monster.com, EDD (Employment Development Department) website (free advertising), walk-in’s, and prior and current employee referrals for which we pay a referral fee to current employees. 2009 was our lowest turnover in 14 years – 12%!

We are fortunate to have such a wonderful staff here at Pilgrim Place whose most enjoyable part of their employment, as witnessed in a recent employee survey, is serving the residents!

*-Mary Ann Macias
Human Resources Director*

GOOD NEWS

I am pleased to announce the arrival of two new staff members at the Health Services Center staff—both serving in pivotal positions.

Social Worker - Briana Fernandez, MSW, received her undergraduate degree in social work from Whittier College and her masters in social work from Cal State University, Long Beach. She continues to work on her licensure to become a Licensed Clinical Social Worker (LCSW). Briana has held several social worker positions in So CA, most recently as an in-home outreach counselor at St. Anne’s Home. She has also been coordinator of services for older adults in low-income housing, held an internship in a mental health agency and as medical social worker with Kaiser Permanente. Briana is becoming oriented to HSC and our journey to Resident-Centered Care as well as making her services available to Pitzer and independent living residents.

Director of Nurses - Patricia “Patty” Backofen, RN, joined our staff on April 2, coming to Pilgrim Place with broad and extensive background in nursing leadership roles. Most recently Patty has been Director of Nurses for a large national pharmacy. She has also held the position of Director of Nurses for several large home health agencies, involved with hiring and training nurses staff. Patty looks forward to being a part of the leadership team for Resident-Centered/ neighborhood model of care we’re working to develop at the Health Center. In fact, later in April Patty will be attending an intensive Culture Change workshop in Minnesota designated for Directors of Nurses. Patty is replacing Tom Carlin who is moving back to New York State where he will be closer to family and friends.

*-Margaret Porter,
Executive Vice President*

RESIDENTS’ ANNUAL GIVING

2010 Goal #1	\$210,000
Donations received	\$55,342
Pledges to be paid	\$82,483
Total Giving to Date	\$137,825
To Meet Goal #1	\$72,175
Goal #2	100% Participation
	200 Pilgrim Households
Contributed to date	58% of Households
To Meet Goal #2	42% of Households

ANNOUNCING

ANDIRON CLUB

On Wednesday, April 7, at 11:00 a.m., Decker Hall, Nancy Wittler will be this month's speaker. Born in Maine, reared in New England, she pursued studies in Christian education and social work at Schauffler College in Cleveland and holds a B.A. degree from Nebraska Wesleyan. She spent two years at the Hartford Seminary Foundation studying Islamics. She and her husband then went to Turkey in 1956 where she spent 37 years teaching English through music. She was involved in much cross cultural work with secular volunteer organizations and through involvement in art and music activities. She will share these experiences with us as she tells of the joys of living and working in, and with, a broad ecumenical community of Christians, Muslims and Jews. -Larry Schulz

SPRING TOWN MEETING SCHEDULED

The spring Town Meeting on Monday, April 12 at 3:00 p.m. in Decker Hall will include several agenda items.

- An update on its work from the Resident Activity Center Task Force will let us all hear what ideas have been offered for use of the space in the Napier Center which will be available approximately May 2011 (see article elsewhere in this *News*). This TMX-named task force will use Town Meeting as an opportunity to gather your ideas as well.
- Steve Rogers will be on hand to answer questions about the impact of the smaller construction projects on resident life (see article in this issue of the NEWS).
- A short video about resident-centered care, the initiative to change how we provide care in the Health Services Center, will be shown.
- Brief reports from Resident Health and Support Program and two TMX task forces (Meeting Room Use and Pet Policy) will be presented.
- Issues and concerns from residents will be received through an open microphone and referred to TMX for further discussion and action.
- Come prepared for a very active Town Meeting.

IT IS NOT PERNICIOUS TO SEEK JUSTICE

On April 14 at 10:45 a.m. the World Affairs Forum will screen an award winning movie, "Jerusalem, the East Side Story" —a documentary filmed by a Palestinian. It shows, from a Palestinian perspective, what has been a perduring system, intended to remove Palestinians from the territories established by the United Nations and assigned to them in the partitioning of Israel. It shows how Palestinian lives, in community and in families and as individuals are determined and controlled by others. The "East Side Story" will help viewers understand the situation from a Palestinian perspective. -Herman Ruether

PILGRIM TOURS VISITS CALIFORNIA POPPY RESERVE

Wednesday, April 14 - \$30 includes lunch

While only God knows for sure when the poppies will peak, we have it on good authority that this year mid-April is a pretty safe bet! Here is what the website has to say about the Antelope Valley California Poppy Reserve (two hours from Claremont): *"Trails meandering through the gentle rolling hills make the park a wonderful place to explore. Get away from the city and relax in the quietude of the countryside, with only the birds singing and hawks gliding silently overhead. Benches located along the trails make good places to sit quietly and watch for wildlife."*

The Reserve includes an interpretive center, easily accessed restrooms, and a shady picnic area where you will enjoy a scrumptious, especially prepared box lunch for you. We will depart at 10:00 a.m., return by 6:00 p.m. Plan to dress in layers—hats and sun block please, and sturdy walking shoes, even if you don't venture out too far! Sign-up in Garden Lounge. -Dale & Jeanne

SCANDINAVIAN FIDDLER PERFORMS

The Petterson Museum Friends will be hosting a musical event on Wednesday, April 14, 7:00 p.m. in Decker Hall with Scandavian Fiddler Tim Rued.

Tim became acquainted with the fiddle at an early age, travelling with his grandfather, a member of a fiddling family. He comes to us highlight recommended as one of the preeminent Scandinavian fiddlers on the west coast. -Dwight Vogel, President

UCC AND FRIENDS SUPPER

We've heard tell that people today yearn for personal spiritual fulfillment but chafe at organized religious involvement. Where does that leave today's churches? What do the mainline denominations and the local church have to offer people—young people, families, older adults? Rob Patton is a trustee at Bangor Theological Seminary and, for two years, the senior pastor at Claremont UCC. Join your neighbors on Tuesday, April 20 at Scrooby Lounge. Supper will be served at 6:00 p.m.; program will begin about 6:45 p.m. A donation for your light meal is appreciated. Please bring your own tableware. You are also welcome to come for dessert and the talk. Sign-up in the Garden Lounge.



VOLUNTEERS NEEDED AT HSC

Please see Fay Linder if you'd be interested in helping to serve and visit with residents in Mabel Long Dining Room from 5:00-6:00 p.m.—preferably on a once-a-week basis. You receive a free meal and a chance to provide important companionship to residents.

HEALTH & WELLNESS FORUM

What We Need to Know about Hospitals

On Wednesday, April 21, 11:00 am, Decker Hall, Dr. Greg Dahlquist of the core faculty of the Family Medicine Residency Program at Pomona Valley Hospital, will help us understand what we need to know about emergency rooms and hospital care so that we can obtain quality care, avoid hospital-induced infections and coordinate the care provided by medical professionals.

The Forum will help enhance the hospital experience for ourselves and others, recognizing that we must all take responsibility for our own care. *-Bob Wallace*

"TORTURE & THE AMERICAN REPUBLIC"

Pilgrim Place's World Affairs Forum and The Pomona Valley Anti-Torture Task Force is sponsoring Marjorie Cohn to speak on Friday, April 23 at 7:00 p.m. in Decker Hall. The title of her address is "Torture and the American Republic." Cohn is the immediate past president of the National Lawyers Guild and is a nationally recognized participant in the campaign against the official use of torture. In mid-2008, she gave testimony before the U.S. House of Representatives Judiciary Committee's Subcommittee on the Constitution, Civil Rights and Civil Liberties concerning the so-called "enhanced interrogation techniques" and their legal status. Cohn has authored or co-authored several books, including *COWBOY REPUBLIC: SIX WAYS THE BUSH GANG HAS DEFIED THE LAW* (2007). Her latest book is *RULES OF DISENGAGEMENT: THE POLITICS AND HONOR OF MILITARY DISSENT* (co-authored with Kathleen Gilberd) (2009). Her next book, *THE UNITED STATES AND TORTURE: INTERROGATION, INCARCERATION AND ABUSE*, will be published in December by NYU Press. An opportunity for questions will follow Marjorie Cohn's presentation.

-Ward McAfee

PILGRIM PLACE CHORALE

One of the great stories of the Bible (found in 1st Kings) is that of Elijah the Prophet. Felix Mendelssohn composed a powerful oratorio around this story and it is a portion of this mighty work that the Chorale will sing at its Spring Concert on Saturday, April 24, at 7:00 p.m. in Decker Hall. The concert will open with three anthems which tell of the greatness of God, and then the "Elijah" story will continue that theme in music with narration.

-Donna Danielson

WANTED: NAPIER AWARDS MENTORS

An important part of the Napier Awards for Creative Leadership, to be offered by Pilgrim Place to students at the five Claremont Collages next year, is the opportunity to get connected with Pilgrims in mentoring relationships (see "As I See It" insert).

To make these mentoring relationships happen in as fruitful a way as possible, it is important to begin now to identify Pilgrims who would like to explore the possibility of becoming part of the pool of potential mentors.

A session is planned for exploratory conversations about the mentoring component of the Napier Awards on Monday, April 26 at 3:00 p.m. in Scrooby Lounge. All Pilgrim wanting to know more about this are encouraged to attend. See Suzanne Brown, Ken Dale or Byron Light for more information.

WOMAN'S PERSPECTIVE FORUM

What is it like to be a college student in 2010? We have memories of college, but the experience of college women today is a world apart from that of women in school 40 to 60 years ago. What are today's students thinking? What are their concerns? What are their aspirations? Woman's Perspective presents "Granddaughter's Perspective on College Today" on Wednesday, April 28, at 11:00 A.M. in Decker. Four young women who are Pilgrim kin will share their experiences, perhaps surprising us with the changes in attitude, self image, world view, expectations, relationships, and more. All are invited to hear what these young women are thinking and to reflect on the impact history and cultural change are making on our future leaders.

-Carolyn M. Loper

"A FEW WELL CHOSEN WORDS"

Throughout the month of April (National Poetry Month), look for "A Touch of Frost" about the Pilgrim Place landscape for the posting of ten favorite poems by Robert Frost—in plain site, both inside and outside. Each poem will be easy to find and a true delight to read and reread again and again. Seek out all ten poems—on your own or in friendship teams—before exact location maps are available Friday, April 23. Then join Ron Evans Friday, April 30, 4:00 p.m. in Scrooby Lounge when he speaks the poems in homage to Frost and as part of our continuing Scrooby Club poetry series: "A Few Well Chosen Words."

-Ron Evans

As I See It

*A supplement for Pilgrim Place NEWS
for expression of mind and heart offered
for common thought.*

A New Frontier: Cross-Generational Mentoring

As several Pilgrim Place committees prepare for the launch of the Napier Awards for Creative Leadership at the Claremont Colleges next fall, it is clear that both major features of the Awards - one about money, one about mentoring - are drawing attention from students, faculty and staff.

Each of the five colleges will nominate three graduating seniors who have shown outstanding leadership promise in the field of racial justice, global peace, or care of the Earth. In February 2011 a selection panel of Pilgrim Place residents will choose the two students who will each receive a \$10,000 Napier Award to make possible a special project they have identified to help prepare them for leadership in their chosen field.

The other major feature of the Napier Awards program is something rarely offered students (“super cool” was the response of one Pomona student upon hearing about this). We shall give all 15 of the students nominated by the schools the option of a one-year mentoring relationship with Pilgrims who have a special vocational affinity with the students. Clearly, important things can happen in this relationship – for each partner.

Several books published recently suggest that our development of this cross-generational mentoring initiative is taking us to a frontier with far-reaching significance.

In his book, *What are Old People For? How Elders Will Save the World* (2004), William H. Thomas contends that the “longevity revolution” currently underway worldwide is bringing the global community an historic opportunity. “It is now possible,” Thomas says, “to re-claim the pattern of elder/youth interaction and education that was a key factor in the socializing and humanizing of people for thousands of years. Powerful currents of modern life oppose this recovery, but they can be overcome by determined elders aware of the danger and the opportunity.”

Theodore Roszak connects Thomas’s point to the imminent retirement of the American baby-boomer generation. In *The Making of an Elder Culture: Reflections on the Future of America’s Most Audacious Generation* (2009), Roszak notes that many of this generation were deeply impacted in the 1960s by far-reaching social movements seeking to re-shape American life. Now, at the beginning of retirement, they bring greater wisdom and resiliency to “Act Two” of their effort to reform the social order. “A critical part of their agenda,” Roszak says, “must be to take on a mentoring role among the young—to let their own life-shaping dream and passion connect with and nurture the life-shaping dream and passion of young people in the process of becoming adults.”

The third book on this theme is Sara Lawrence-Lightfoot’s *Third Chapter: Passion, Risk and Adventure in the 25 Years After 50* (2009). She contends that the establishing of “cross-generational encounters, discussion, conversations and movements” will bring as much personal renewal to the older partner in the relationship as it will practical wisdom to the younger partner.

The Pilgrims planning the Napier cross-generational mentoring opportunities are now beginning the process of talking with Pilgrim Place residents who want to know more about what will be involved in becoming a mentor – and thus participating in the broad social movement about which these three authors have written. An informational session is planned in Scrooby Lounge on Monday, April 26, at 3 pm. All are invited. For more information about what is envisioned, please talk with Suzanne Brown, Ken Dale or Byron Light.

-Paul Minus

Special Updates

RESIDENT-CENTERED CARE / NEIGHBORHOOD MODEL OF CARE

Pilgrim place has begun its work with LaVrene Norton and Action Pact, Inc. out of Milwaukee, WI. LaVrene conducted a four-hour retreat on February 8th to introduce the Neighborhood/Household model of care for skilled nursing facilities. Approximately 40 attendees—Board members, residents, staff, and community volunteers – participated. The next step is the selection of a Steering Team of approximately 15-18 persons (again, Board members, residents, community volunteers, and especially front-line caregivers of our Health Services Center residents) to help focus and guide the ongoing work of yet-to-be determined Action Teams. LaVrene will be on campus again April 12-13-14 to conduct another training session with the Steering Team. While all these terms—Steering Team, Action Team, neighborhoods, etc.—are new, you will be hearing more and more about them in weeks and months ahead. A resident forum will be held in the near future to offer information and updates. Keep tuned to this “station.”

-Margaret Porter



CONSTRUCTION PROJECT

In April Sunseri and subcontractors will be working on the following:

Norton Garden

- Completing the stucco color coat
- Framing the carports
- Continuing drywall on first and second floor
- Installing the elevator

Assisted Living

- Framing 1st and 2nd floor

Remodel Projects:

Pitzer:

- Demolition of existing walls.
- New foundations and slab.
- New block walls.

Cambridge Way [start date is April 8]

- Demolition of select existing paving and landscape areas. Construction of new sidewalk.

We continue to benefit from all the work being done on our behalf - for our future. And I keep hearing of small kindnesses that the construction work force has done to help us cope with this big disruption to our quiet lives.

-Paul Kittlaus, Resident Liaison, Construction Project

RESIDENTS ACTIVITY (NAPIER) CENTER

In the March NEWS, I reported that TMX had appointed a task force to create and recommend a usage plan for the anticipated Napier Center. Since its inception two months ago, this task force will have completed four meetings by the time this article goes to press.

One way of conceptualizing the function of the projected Napier Center is to understand that it will house all the activities that are currently being accommodated by Scrooby Lounge. And much more. In addition, there will be several multi-purpose meeting rooms in the new Center which do not exist in Scrooby Lounge.

The task force is in **Phase I** of its work. In this phase, we are seeking to gather as much data as possible from residents, staff and resident activity groups. We have already spent extended time with many group leaders and staff. We will be surveying the community-at-large this week and will be asking each of you to share your perceptions with us again at the April Town Meeting.

During **Phase II** we will deliberately reflect upon what we've heard from you: your dreams, your hopes, your creative ideas. We're good at action, most of us, but seldom do we make the time to intentionally reflect and probe our actions for their deeper meaning. It's our faith that instructs us on the value of reflecting and to listening for the Spirit's "still, small voice."

Phase III will find us reassembled, refreshed and ready to engage one another in drafting a proposal, based upon all we've heard and been led to feel about this wonderful, new facility which is about to be ours. We aim to present our best work to TMX next autumn, and to you at the January Town Meeting for final decision-making. During this crucial first phase, we are attempting to make every effort to engage you in conversation. We solicit your great dreams and your most lofty visions. Please share them with us personally and in the survey form enclosed.

*-John Rogers, Chair, Mary Douglas,
Joan Forsberg, Jack Jackson, Rosa Sousoures*

PUBLIC ACCESS COMPUTER LOG

Beginning April 1, a user's log (on a clipboard) will be posted next to the Public Access Computer—currently housed in Library's carrel room. TMX wants to gather a few basic items of information about that computer's usage in order to better meet the needs of those who use it. Your help in providing this information when you use that computer will be greatly appreciated.

-Don Chatfield, Library Committee

As I See It

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for expression of mind and heart offered
for common thought.*

Residents' Annual Giving

I find Pilgrim Place a unique community in so many ways. It offers a rich life of artistic fulfillment, intellectual enrichment, personal and spiritual growth and reflection, and public service to the greater world for peace and justice.

This is a dynamic, adventurous and creative community of engaged folks constantly seeking new ideas, developing talents, demonstrating their beliefs through peace vigils and marches, worship and song, playing with the Pilgrim Pickers (a group of stringed instrumentalists), knitting, potting, weaving, writing books, performing on the legitimate stage, hiking, swimming, race walking, running, skiing and hiking.

In the greater community Pilgrims are actively seeking prison reform and ending the death penalty or working at the community food bank. Others are professors in Claremont and the surrounding area, tutors for young people in the public schools, interim ministers and even a costume designer for theatrical productions nationwide.

This caring also wends its way through Pilgrim Place. People genuinely care for each other. They may act as a patient advocate in the doctor's office or hospital, become a regular visitor to those recovering in the Health Center, offer a ride to the grocery store or the airport or help with income tax or computer glitches. And we have an emergency disaster preparedness Resident Security Council team in the event of earthquakes.

It is out of this spirit of genuine caring I have come to understand **Residents' Annual Giving**. The premise of Residents' Annual Giving is that we each participate by giving what we can afford to give each year for the benefit of all, a contribution to the quality of life for fellow Pilgrims this year and for years to come.

RAG, as it is familiarly called, literally bridges the gap between what comes in through residents' rents and fees and what goes out monthly helping to staff and operate the maintenance and renovations of our homes and buildings as well as the upkeep and landscaping of the grounds.

RAG offers this important financial assistance thus ensuring that Pilgrim Place continues to be a healthy, comfortable, ever growing, ecologically and environmentally sound and beautiful environment.

I have been on the Residents' Annual Giving Committee for a year now and it has taken me this long to articulate this "As I See It".

-Genie Holmes



Introducing Steve & Lynn Jackson

Steve and Lynn Jackson are residing at 756 Plymouth Road. They are no strangers to Claremont, as they have lived in this city for 38 years and already knew many Pilgrims before moving in. At one time Steve was on the Pilgrim Place Board. As a child Steve lived in Texas, Connecticut, and Tennessee. He dreamed of being a rancher, but that was not to be. He received a B.A. from Southwest University in Georgetown, Texas, a M.Div. from Southern Methodist University in Dallas, and a Ph.D. in Communications from the Claremont Graduate University. Steve taught at Cal State Fullerton and the Claremont School of Theology, where he started the Interfaith Media Center with a grant from the Eli Lilly Foundation. He finished out his career doing T.V. productions with Pastor James Lawson for the Hallmark Cable Television Network.

Lynn grew up in Illinois and received a B.A. in English and Sociology from the University of Illinois, Urbana in 1958. She became a Community Organizer and later received her Doctorate Degree in Sociology from Claremont Graduate University. She discovered that many of the low income women she was meeting as a community organizer had legal problems, so she went back to school and received a Law Degree from Loyola Law School. After that, she worked as a Legal Aid Attorney for low income people in the greater LA area, mostly in Compton. Before law school Lynn also worked with the Pomona Valley Council of Churches (Hope Partners), and helped start the Beta Center.

When Lynn and Steve married in 1972, they both had children from previous marriages, so together with those five children they formed a merged family and have now been together for 38 years. Of their five children, Jill lives in Washington, D.C., Cynthia in Napa, CA, Todd in Berkeley, Tobin in Long Beach and Tim in LA.

Lynn and Steve bring rich experiences and many skills with them to Pilgrim Place. They are active people who like to hike, bike and ride horses. May Steve have found a version of his ranch right here in Claremont?

-Rupert Nelson

Introducing Dennis MacDonald

Pilgrim Place welcomes new resident Dennis R. MacDonald. Dennis joined us this year and lives at 535 W. 7th Street. He has been professor of New Testament and Christian Origins at the Claremont School of Theology since fall of 1998. He knew Pilgrim Place from having served on the Admissions Advisory Group as well as having lived in Claremont for the past 12+ years. He has colleagues who are residents here. Watch for him on the History Channel next fall when he will be a "talking head" on program "The History of Hell."

He grew up in a conservative Baptist Church of which his father was pastor. His mother was Jewish, having later converted to become Baptist. He graduated from Bob Jones University, but returned his degree. The announcement of Martin Luther King's assassination brought cheers at BJU rejoicing over the death of that apostate. He couldn't tolerate that behavior.

Participating in the Gallo and lettuce boycotts got him into trouble with the members of the church he was serving. Many members were farm owners. This led him, as he said, to leave the fundamentalist world.

He earned his M.Div at McCormick Theological Seminary and his Ph.D. at Harvard. He said he always felt a facility for languages, so he now researches in Hebrew, Aramaic, Syriac, Latin, Coptic, French and German.

He has published 10 books and currently has three more in the works.

He is still teaching and researching full time at CST, so hasn't given a lot of thought to what he will be doing when he is free to give more time and energy to life in the community.

Dennis has two children, a son in Minneapolis who is a post-op nurse, and a daughter in Austin, TX, a book editor.

We look forward to getting much better acquainted as the years come and go. *-Jack Jackson*

Do all the good you can,
In all the ways you can,
as long as ever you can.

-John Wesley

As I See It

*A supplement for Pilgrim Place NEWS
for expression of mind and heart offered
for common thought.*

Hold the Beef, Improve Your Health

A 10 year study involving over half a million people, ages 50-71, tracked them to determine the effects of red and processed meat intake on their mortality. Researchers found that both men and women who consumed a low-risk meat diet—defined as eating less red and processed meats (beef, pork, bacon and sausage), compared with white meats (chicken, turkey, fish)— had statistically significant lower death rates from cancer, cardiovascular disease, diabetes and all other causes.

The investigators from the National Cancer Institute of the National Institutes of Health, led by Rashmi Sinha, PhD, followed a total of 322,263 men and 223,390 women for 10 years, dividing them into five categories or quintiles, based on their reported meat eating: the lowest consumed the lowest amount of red and processed meat compared to higher quantities of white meat, while the fifth quintile consumed the highest amount of red and processed meat and the least amount of white meat.

In the next 10 years, the men in the lowest quintile experienced a reduced mortality rate by 11% while the women had a reduced mortality rate of 21%, compared to the fifth quintile group who ate the most red meat. The three intermediate quintiles each had an approximately proportional reduced mortality. An additional interesting fact: men and women in each increasing quintile had increasing “Body Mass Index,” that is, men and women who ate more red meat were fatter, as well as having higher rates of cancer, diabetes, heart disease and earlier mortality.

Why is this so? The report points out that several processes are associated with meat and cancer: high temperature in cooking and processing for smoked meats are a source of Nitrogen-compounds known to be carcinogenic. Iron in red meat may increase oxidative damage. Beef and pork are natural sources of fat, positively linked to elevated blood pressure and to breast and colorectal cancer.

Dr. Sinha calls for more research to pinpoint recommendations for dietary meat intake and between subtypes of meat and causes of mortality. He concludes that the findings from this study parallel recommendations by the American Institute for Cancer Research, the American Cancer Society, and the World Cancer Research Fund to reduce red and processed meat intake in order to decrease cancer risk and improve health. (*Source: Duke University Health News, Jan. 2010*)

Nutritional research currently strongly promotes a healthy diet as one based on whole grains (rather than white flour breads, white flour pasta and white rice), with a wide variety of vegetables and fruits, moderate amounts of meat with strong preference for “white meats” and very limited fats and sweets. We can all learn from that.

-Marilee Scaff

BEING A COMMUNITY WHILE HONORING PRIVACY Residents Use of the Health Status Book

All of us are grateful for the love and support we receive from one another at Pilgrim Place. Our genuine interest in one another makes it difficult for us when we learn that someone is in the hospital or facing a critical situation. We wish we knew more and sometimes feel left out, while knowing we need to honor privacy. How much information should we have when fellow residents have emergencies?

We have a good system for this but sometimes fail to utilize it. Others of us may not be aware of it. Here are the steps to follow.

◆ **For caregivers:** When a resident experiences a health crisis, it is incumbent upon the spouse/partner/or designated care giver to call the emergency call system or 911. This same person is asked to...

Inform the nursing staff (Sharon Berry) as soon as possible. Sharon will inform Margaret Porter, who will notify administration who will call Eleonore Powell, the keeper of THE BOOK found both in the Garden Lounge and Pitzer listing those in a health facility. As soon as this information is received by Eleonore it will be placed in the book. If a resident does not wish to have his/her name listed in the Health Status book it is still important to contact the clinic regarding hospitalization. At that time one can request that the name not be listed.

◆ **For Pilgrims:** Residents are encouraged to check the book regularly. Announcements of this will not be made in Abernethy and residents are asked to respect the instructions there regarding visitation.

This system works if we report incidents promptly. Some have failed to do this because they feel they don't want to bother others. We are a community and we do want to be bothered! We can support one another in prayer only as we are aware. Some do not report because they question whether instructions not to visit will be honored. We are a community and need to respect one another's wishes! And some neglect this because they anticipate that hospitalization will be short. Did we forget how news gets around in a community? The system requires the cooperation of all of us- the spouse or designated spokesperson giving prompt information; and each of us checking the book regularly and respecting the instructions given there. Utilizing this system is one way we can strengthen our sense of community.

-The Health and Wellness Committee

About Pilgrims

At the annual luncheon for Inland Valley Hope Partners that recognizes the work of volunteers, **Beryl Moore** was the recipient of the 2010 Founders Award. According to the Inland Valley Daily Bulletin, Executive Director Wytse Visser said "*Moore has been a driving force in all aspects of the organization's work throughout the community and is deserving of recognition. The Founders Award represents the best of what Inland Valley Hope Partners stands for.*"

Donna Ambrogi and **Linda Vogel** will be leading a session at the 2010 Aging Services of California Annual Conference in Long Beach. The workshop is entitled "Everybody Needs a Patient Advocate!" Linda is the coordinator of our Patient Advocate Program, and Donna, along with John Denham, is currently leading a training program here at Pilgrim Place.

Jeanne Audrey Powers was featured in an article in a Methodist publication on women in the United Methodist Church, written to celebrate Women's History Month in March. Jeanne Audrey was a founding member and officer of the United Methodist Commission on the Status and Role of Women at the time it became a full-fledged standing committee in 1972. Jeanne Audrey then became an executive with the United Methodist Church's Commission on Christian Unity and Interreligious Concerns.

Stan E. Moore is offering his book, *THE IMPOSSIBLE DREAM*, for the purpose of sending royalties to Chile to aid in earthquake relief and reconstruction. If interested in helping, see him.

Thanks

I am very grateful for the loving care that you, the Pilgrim staff and residents alike, have given me during Rusty's illness and death. How thankful I am to be living in this blessed place!
-Georgia Rust

The Catch the Spirit Committee thanks Pilgrim Place residents, Joyce Yarborough, Morrison Dining Services, Joe Hough and the Claremont Graduate University and the Claremont Presbyterian Church for their participation and support of the Noel Paul Stookey Concert and Reception. Noel and his wife, the Reverend Betty Stookey, enjoyed meeting Pilgrims. Indeed, they "caught the Pilgrim Place spirit" during their time here!

Committee Members: Wendy Bayer, Gail Duggan, Janet Evans, Jim Manley, Ward McAfee, Norma Puntney, Bear Ride, Barbara & John Rogers.

Calendar

Thursday, April 1 (Maundy Thursday)

No Vespers

Sunday, April 4 (Easter)

10:15 a.m. HSC Worship
Leader: Judy Chatfield
Musician: Yasuko Shorrock
Soloist: Don Chatfield

Tuesday, April 6

6:00 p.m. Alternative Supper

Wednesday, April 7

11:00 a.m. Andiron Club - Decker •

Thursday, April 8

7:00 p.m. Vespers
Leader: Joe Hough on
“When It’s Hard to Believe”
Musician: Mary Hornberger

Sunday, April 11

10:15 a.m. HSC Worship
Leader: Glenn Trost
Musician: Cathy Thompson
Soloist: Judy Fiske

Monday, April 12

3:00 p.m. TOWN MEETING •

Wednesday, April 14

10:00 a.m. Pilgrim Tours •
10:45 a.m. World Affairs Forum •
7:00 p.m. Emily Dickinson Conversation
7:00 p.m. A Musical Event •

Thursday, April 15

7:00 p.m. Vespers
Leader: Chris Hartmire on
“Remembering Cesar”
Musicians: Pilgrim Pickers

Sunday, April 18

10:15 a.m. HSC Worship
Leader: Leo Marmol
Musician: Norma Puntney
Soloist: Cheryl Brown

Tuesday, April 20

1:30 p.m. Deadline for Pilgrim Place NEWS
6:00 p.m. UCC & Friends Dinner •

Wednesday, April 21

11:00 a.m. Health and Wellness Forum •

Thursday, April 22

7:00 p.m. Vespers
Leader: Linda Vogel:
“Justice Points the Way”
Musician: Dwight Vogel

Friday, April 23

7:00 p.m. “Torture and the American Republic” •

Saturday, April 24

7:00 p.m. Pilgrim Place Chorale Concert •

Sunday, April 25

10:45 a.m. HSC Worship
Leader: Bruce Jones
Musician: Mary Ida Gardner
Soloist: Penelope Mann

Monday, April 26

3:00 p.m. Napier Marketing Conversation •

Wednesday, April 28

11:00 a.m. Woman’s Perspective •

Thursday, April 29

7:00 p.m. Vespers
Leader: Jim Fiske on “Awe and Praise”
Musicians: Brass Ensemble

Friday, April 30

4:00 p.m. “A Touch of Frost” •

• Denotes NEWS article

HSC Chaplains

Judy Chatfield & Maxine Denham

April Guest Rooms

Primary / Susan Craig / 626-644-5899

Secondary / Jean Rosewall / 624-9640

RETURN SERVICE REQUESTED

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PILGRIM PLACE

